Peanut Butter Toast and Fruit

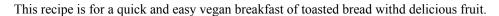




Figure 1: Tasty Toast

You will need the following ingredients:

- 1 slice of whole grain bread (gluten-free if needed)
- ½ tablespoons of peanut butter
- fruit toppings of choice: banana slices, strawberries, sliced apples, etc.

This recipe is adapted from Eating Bird Food's *Peanut Butter Breakfast Toast* article.

- 1. Toast the whole grain bread
- **2.** Spread on the peanut butter in even strokes
- 3. Note: For non-vegans, consider drizzling honey over the peanut butter toast for a burst of flavor

Sprinkle on your choice of fruit toppings